

P-24: “In Control” Teen Cessation Program

Venue: Community and Schools

Goal: Promoting Cessation of Tobacco Use

Sponsoring Organization: TOGETHER! Tobacco Free Thurston County

Abstract: Proven resources for youth tobacco cessation are limited. The “In Control” program is a free 8-week tobacco reduction and cessation program, specifically designed to help teens quit or reduce the amount of tobacco they are using. The program builds on skills and knowledge regarding tobacco use, and also focuses on developing a variety of social skills such as communication, stress management, decision-making, goal setting and healthy nutrition and physical activity choices. Classes are structured for those ready to quit and those considering quitting. They are held in an informal, friendly atmosphere with a focus on feelings, questions and opinions. Approximately 23% of participants quit using tobacco during the class, and 91% either quit or reduced their tobacco use. In comparison to state averages, 12th grade tobacco users in Thurston County were slightly more likely to be motivated to quit, and more likely to have participated in a program to help them quit using tobacco.

Recommendations: Make sure you have a youth-friendly and positively focused curriculum. If making modifications to an existing curriculum, field test the program and listen to the interests and needs of youth to make effective changes, including by paying attention to social interactions among the group, learning styles, and competing risk factors.

Contact for more information:

Heather Siemers

TOGETHER! Tobacco Free Thurston County

360-493-2230 ext 19

tobaccofree@thurstontogether.org